



# Pine Island Rage Volleyball

Procedure Manual

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## **SECTION 1 OVERVIEW**

### **Rage Overview**

- PI Rage Volleyball is a non-profit JO Volleyball organization. Rage Volleyball offers players the opportunity to improve their skills in the off-season by providing skilled coaching, practice time, play dates and tournaments to players.

### **Rage Philosophy**

- Centers on the growth of players as athletes, through their skills and knowledge of the game, and as people, learning skills important to everyday life.
- Strive to build an experience that touches the lives of all that are involved by working actively to build character on and off the court. Providing opportunities for family and community to share in a positive experience of teamwork, pride, and sportsmanship.
- Provide players with dedicated staff that emphasizes creating, developing, and maintaining a team of coaches that are committed to provide a quality program and building strong foundation skills in a healthy, competitive environment.

### **Rage Mission**

- The Mission of Pine Island Rage volleyball is to build and improve player skills, teach the important values of team spirit and sportsmanship, and foster a lifelong love of volleyball.

### **Program Wide Goals**

- Learn new skills and improve existing ones to develop a deeper understanding of the game of volleyball.
- Develop and foster good sportsmanship
- Develop and foster strong work ethic and positive attitudes.
- Learn how to work with teammates and coaches.

## **SECTION 2 INFORMATIONAL MEETING AND FEES**

### **Pre-Season Interest Survey**

- A pre-season interest survey will be sent to athletes in grades 5 to 12 to gauge interest in forming teams and will be sent in early October.
- The interest survey will be used to assist in obtaining coaches for the respective age categories.

### **Registration**

- Registration will occur mid-to late October and will run for a minimum of two weeks.
- Registration will be sent to all the parents/guardians of interested athletes. It will also be posted on the TeamApp and appear in the Pine Island Parent School Newsletter.

### **Parent and Player Meeting**

- To be held prior to Skills Evaluations
- The date, time and location of this meeting will be available during the registration process.
- All parents, athletes, and coaches participating in the Rage season must attend this meeting. You will meet the coaches, get practice and tournament schedules, and go over club policies.

### **Club Participation Fees**

- We do our best to keep our costs at a minimum.
- Participation fees are all inclusive and cover Junior Volleyball Association fees, tournament entry fees, gym rental, coaching stipends, jerseys, and equipment.
- No refunds will be given after the first practice.

### **SECTION 3 TEAM ASSESEMENTS AND PLACEMENT**

#### **AGE POLICY**

- Age divisions are established by the Junior Volleyball Association (JVA) rules.
- Age divisions are based on the athletes age on July 1<sup>st</sup> of the fall of the skills assessment year. The exact details can be found on the JVA website at: <http://jvavolleyball.org>

#### **CLUB OFFERINGS**

- Dependent on interest Rage would offer teams in the 12U to 18U age divisions.
- 12U division and 2's teams will focus on skill and game play development.
- 1's teams will focus on skills refiner and competitive game play.
- A minimum of 8-10 committed players is required to form a team.

#### **SKILLS ASSESSMENT**

- Assessments are held to place players on the appropriate teams based on ability, age and team needs.
- Assessment time and location will be determined on gym availability and coaches/evaluators availability.
- All interested players in grade 7 and above must attend assessments
- Players will be notified via email of their team placement.
- Confirmation of commitment must be accepted via email with 48 hours of notification.

#### **PLAY TIME PHILOSOPHY**

- Everyone on the roster will be given opportunities to improve their skills in practice.
- In tournaments, we will compete to win and therefore playtime may not be equal.
- Payment does not equal play time.
- Play time is earned in practice and secured by how a player performs in practice and matches.
- EVERY role, on and off the court is important and valued.

**SECTION 4**  
**PLAYER, PARENT AND COACH RESPONSIBILITIES**

**FEES**

- All fees must be paid prior to the first practice.

**RULES AND SCORING**

- Players and coaches must know the current JVA rules and will use the proper scoring techniques and hand signals while officiating.
- Training of rules and scoring is available via Internet. Please email the directors for specific websites to visit regarding rules and scoring videos.
- All players will be required to keep score and officiate at all matches during the season, including tournaments.

**COURT ETIQUETTE**

- Volleyball shoes should not be worn outside the practice or tournament facility. Players should wear other shoes to and from practice, other than volleyball shoes.
- Players may be responsible for setting up before practice or cleaning up after practice.
- Players will be responsible for getting balls needed for practice from the equipment room before the start of practice.
- Coaches may assign players to get practice balls from the equipment room at the beginning of the season.

**TRANSPORTATION**

- Transportation to all practice and local events is the responsibility of the players and their parents/guardians.

## **SECTION 5 PRACTICES**

### **PRACTICE SCHEDULE**

- Practices will start in December and go through March/April
- Teams will have 1-2 days of practice per week.
- Specific dates and times will be available at the Parent/Athlete Meeting.

### **PRACTICE GEAR**

- Players will wear appropriate volleyball practice gear at every practice, including shirt, shorts, kneepads (if worn, need to be always up on knees), volleyball shoes should be worn only indoors for court use only.
  - Players need to bring shoes they can change into before/after they are on the court.
- It is recommended that players leave practice with weather appropriate clothing.

### **PLAYER ETIQUETTE DURING PRACTICE**

- Players are expected to run:
  - in and out of drills
  - when shagging balls
  - when getting water
- Players are required to bring a personal water bottle to practice and games.
- Players should always listen attentively to the coaches for instructions and feedback.
- Cellphones should be left in volleyball bags and should not be used during practice or game day events or while officiating.

### **PLAYER ETIQUETTE AFTER PRACTICE**

- Players will help make sure equipment is put away in its proper place at the end of each practice.
- Players must be picked up no more than 15 minutes after the schedule ending time of each practice.

### **CANCELLATION OF PRACTICE**

- Will follow the Pine Island Schools cancellation of school or early releases due to weather.

### **CONFLICTS**

- Players/Guardians must notify their coach about known conflicts as soon as possible.

## **SECTION 6 TOURNAMENTS**

### **TOURNAMENT SCHEDULES**

- A tentative schedule of tournaments will be made prior to the start of the season for all teams. Players and parents must be prepared to have events changed or added to the schedule. *The schedule can change, but players will know, at the very least 1 to 2 weeks in advance what days they will play.*
- When planning our tournaments, we do our best to work with Pine Island Junior High and High School sports schedules, as well as other youth athletic schedules.
- Tournaments will be local when possible.
- For many events, the exact play schedule is not finalized until 3 to 5 days before the scheduled event. Players and parents will receive the game schedules from the coaches when they are obtained.
- Teams will attend 5-7 events.

### **ARRIVING AT A TOURNAMENT**

- Players will arrive at the competition facility and be ready to warm up or officiate at the time specified by the coach (usually 30-45 minutes prior to the start of the event.)
- Players will bring their complete uniform, including jerseys, shorts, shoes, socks and kneepads to every competition.

### **DURING THE TOURNAMENT**

- Players must be aware of the schedule during the tournament and always be available to the coach in case of schedule changes.
- Players should hang out with teammates during tournaments and consider this a 'special bonding' time.

### **OFFICIATING AT TOURNAMENTS**

- While officiating, players will pay attention and conduct themselves in a manner that reflects positively on Rage.
- No extra players will be allowed at the scorer's table, only the following:
  - One player to keep the scorebook
  - One player to keep the scoreboard
  - One player to track the libero
- No electronic devices, including cellphones will be allowed while officiating either at the table, line judging or in a reffing position.

### **LEAVING A TOURNAMENT**

- Players may leave a tournament only after all referring duties have been assigned or completed and permission has been obtained from their team coach. This is considered a team responsibility, not individual player responsibility.

### **CONFLICTS**

- Players must notify their coach of any known conflicts as soon as possible.

## **SECTION 7**

### **EXPECTATIONS FOR PLAYERS AND PARENTS**

#### **GENERAL EXPECTATIONS FOR PLAYERS**

- Know that school course work is the athletes first priority.
  - If a player is having difficulty balancing school and volleyball and needs assistance finding a solution, they are encouraged to talk to coaching staff and parents.
- Players must understand that every person on their team is important and serves a purpose.
  - Each person has a role they will need to fulfill.
  - This role will be determined over time.
  - Some people will be leaders, others will be motivators and others will be supporters.
- Each person must be respectful of others regardless of differing values, beliefs, and personalities.
- To be a team, players are not expected to be friends, but they do need to respect individual differences.
- Communication is the key to each teams' success.
  - Players are encouraged to discuss concerns or questions about things having to do with volleyball and/or personal situations with coaching staff.
- Players are responsible for being the best they can be.
  - Players are expected to work 100% at practice, striving to be a team player by supporting others.
- Understand team dynamics.
  - Each team member must understand tension between team members and coaching staff is often normal. However, it can be lessened. To do this, each person must try to deal with conflict in a manner that is respectful of others and when appropriate address issues with the other team members (or coaching staff)
  - The best scenario would be to try and understand the reason for the players/coach's behavior with the intention of seeing the best in each person and not dwelling on the negative.

#### **GENERAL EXPECTATIONS FOR PARENTS**

- Support athlete in a positive manner on and off the court.
- Cheer for all players on the team.
- Be a good role model.
- Positive behavior and good sportsmanship during all contests.
- Be on time to pick up player from events/practices.
- Do not approach the coach regarding player's playing time on the day of the event.
- Ask players about their playing time before confronting the coach.
- Please respect the 24 rule before bringing up concerns.

**SECTION 8**  
**SKILLS EXPECTATION BY AGE**

<b>12 &amp; Under</b>	
• Introduction of movement	• Platform awareness
• Introduction of principles of serving-underhand and overhand	• Introduction to footwork & arm swing for hitting, tipping
• Introduction of rotations	• Introduction to overhand and underhand passing
• Introduction of Scoring	• Pass, Set, Hit strategy
• Introduction of Officiating	• Communication

<b>14 &amp; Under</b>	
• Ability to move efficiently	• Offensive systems 5-1, 6-2
• Passing technique	• High outside sets proficiency - 5, 9
• Officiating and scoring proficiency	• Introduction of mid-tempo sets - 4,2
• Passing proficiency	• Introduction of quick sets – 1
• Serving technique – overhand	• Proper Arm swing Introduction
• Serve location – serve consistently in zones 1, 6, 5	• Introduce read and rotate defense (proficient at one)
• Serving proficiency/accuracy	• Proficient at understanding overlaps
• Defensive technique	• Advanced setting
• Basic defensive system	• Faster tempo offense, low freeball passing
• Introduction of blocking principles and technique	• Transition footwork

<b>16 &amp; Under</b>	
• Ability to move efficiently	• Passing proficiency
• Defensive proficiency	• Advanced Defense systems
• Second tempo sets proficiency - 4,3,2,7,8	• Serving proficiency
• First tempo sets proficiency (shoot, tight, 1's)	• Slide approach proficiency
• Introduction of first tempo sets – (Quick slide)	• Introduction of combination plays

<b>18 &amp; Under</b>	
• Ability to move efficiently	• Serving proficiency
• Passing proficiency	• Defensive proficiency
• Advanced Defensive systems	• Advanced Offensive systems
• Advanced Blocking systems	• Blocking technique proficiency
• First tempo sets proficiency - shoot, 1 tight, quick slide	• Combination sets proficiency
• Third tempo sets proficiency – high sets 5, 9	• Slide approach proficiency
• Second tempo sets proficiency - mid-height 4,3,2,7,8	

## **SECTION 9 COACHING RESPONSIBILITIES**

### **COACHING JOB DESCRIPTION**

- Teach and instruct young athletes to learn the game of volleyball.
- Allow players to play the game of volleyball through time on the court during practice and games.
- Create an environment that is comprised of hard work, success and is aimed at being fun.
- Give direction to the players regarding expectations on and off the court, and during practice and games
- Train athletes to become better at the physical components of volleyball.
- Create an environment that allows the player to improve their mental component of the game, both in pregame planning and also on the court during game situations.
- Plan practices that allow players to run drills individually or in team situations, have ball contact, and create game–like situations. Come prepared.
- Share knowledge and volleyball experiences with the players to develop the most skilled athletes.
- Provide teams with structure by setting team rules and regulations that are within the club expectations.
- Provide and maintain a drug free environment.
- Act as a role model both on and off of the court.
- Ensure players are safe and protected during games as well as during practices.
- Work with team to set goals for individual players as well as for the team as a whole.
- Coach volleyball tactics and strategies during the game.
- Discipline players for misconduct, inappropriate actions, and unsportsmanlike behavior during practice or games.
- Attend practices and games at a 90% or better attendance.
- Do not consume alcohol during events in the presence of players.
- Work with chaperones and team to inform them of time to be at practices and events.
- Provide leadership on and off the court.
- Work with coaching staff to ensure that a coach is officiating either in the up ref or down ref position for each match.

### **REQUIRED COACHING PAPERWORK PRIOR TO START OF EACH SEASON**

- Complete Background Screen + APS Training which needs to be filed with the JVA.
- Coaches will be reimbursed for the cost of the screening.

### **COACHING RESPONSIBILITIES BEFORE EVENT**

- Prepare team for event by working hard at practice.
- Work with team to set goals for event, expectations at event
- Inform team of report time prior to event.
- Attend coaching meeting pre-event if advertised.
- Report to event at a minimum of 30 min before start of event.
- Come prepared with whistle, appropriate coaching gear.
- Assign responsibilities to players (balls, med kit, spare uniform if needed).

### **GAME DAY COACHING RESPONSIBILITIES/EXPECTATIONS**

- Arrive before or at the same time the players arrive.
- Check venue site for any last-minute changes or updates to schedule.
- Keep team together to make sure that players stay focused and stay together in “camp” to promote team bonding.
- Review officiating assignments and expectations before games begin.
- Work with assistant or head coach to determine officiating responsibilities from coaching staff.
- Provide team spirit.
- Encourage team bonding to promote team unity.
- Coach team to believe in themselves, explain changes in rotations, lineups to players, rationale for changes.
- Remain at venue till team duties are completed for the day
- Make sure that equipment is accounted for at end of day (balls, med kit).
- Recap games/highlights to directors and other coaches to share in successes and opportunities.
- Carry player medical release information with you.

## SAMPLE COACHING PLAN

- 1) Warm Up
- 2) Blocking

Timing:

- Pick a partner
- Hitter stands on opposite side of the net of blocker
- Hitter stands and hits into the blocker
- Blocker works on timing (jump after the hitter, "ready, set, block")

Variation: Hitter must stand either to the left or right of the net and use both shuffle and side step to move to the block

### 3) Hitting Footwork

Footwork

- Put tape on the floor for hitting
- Work on approach without a ball

Review Arm Swing

- Work on approach and swing with tennis balls

Review Transition

Add a setter and balls

### 4) Blocking, Transition (hitters and setters) and Real Time Hitting

- SET UP ON BOTH SIDES
- Hitter hits then stays to block
- Other hitter hits and stays to block
- Setter works on transition

Essentially, you are getting the hitter to work on transition to hit and blocking

### 5) Agility

- Tape a couple of ladders on the floor

Agility Ladder:

Front:

1 foot each box

2 feet each box

2 feet in/1 foot out

Lateral:

2 feet each box (both directions)

2 sqs up/1 sq back

Front:

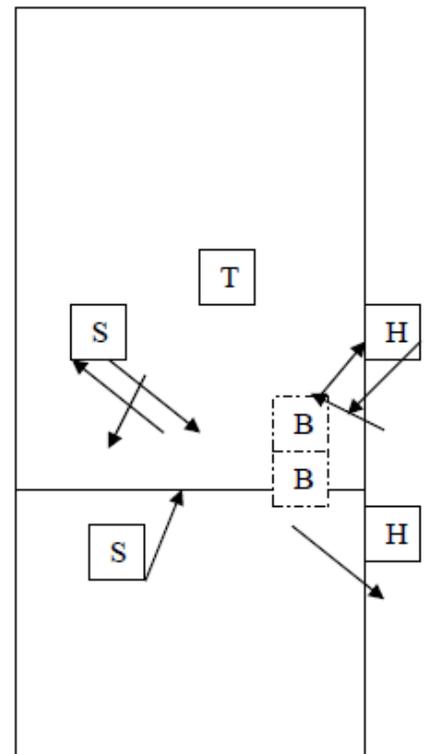
Slalom: jump out one side

Slalom: jump out both sides

Lateral:

Hop 2 ft each sq

2 up/1 back



#### 6) Defensive Strategies

Rotation defense review – focusing on keeping the middle back person BACK on base defending back corners; focusing on getting the setter (Stacey) back on defense

- 6 defenders
- coaches on blocks
- Add real hitters when everyone has rotated through
- Use the shovels to block the hitters – practices covering

#### 7) Tipping Practice

- Stiff arm
- One hand
- Practice Looking (Place players on other side of net and person must hit the wholes)

#### 8) Conditioning

- Cones with partner (mimic movement)

#### 9) LAST 15 minutes of practice

- Setters training, everyone else dismissed